

Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



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Feb. 2, 2001

the inside Scoop

2001 goals:

Air Force goals of 2001 should be set after looking back to years past...

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96 FTS excels:

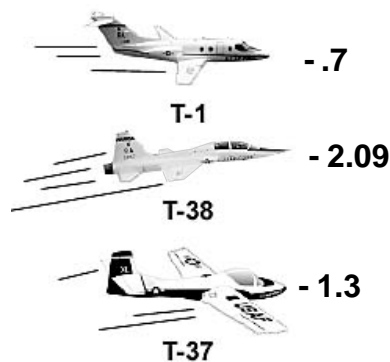
The 96th Flying Training Squadron Reserve squadron plays important part in helping Laughlin complete its mission...

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Mission status

(As of Jan. 31)

Days ahead(+) or behind(-)



Fiscal Year 2001 statistics

--Sorties flown: 20,286
--Hours flown: 30,307.4
--Pilot wings earned in FY 01: 93
--Wings earned since 1963: 11,801

47th Communications Squadron receives Successful Innovation of the Year Award

By Airman 1st Class

Brad Pettit

Editor

The 47th Communications Squadron received the Laughlin Exceptional Innovator of the Year Award Jan. 23 for creating and modifying programs that have saved Laughlin \$436,352.

The exceptional innovator award recognizes the productive use of the Innovative Development through Employee Awareness Program, which allows members to make suggestions that may save the Air Force money. Col. Herbert Foret, 47th Flying Training Wing vice commander and Chief Master Sgt. Johnny Hall, 47 FTW, presented the award.

Master Sgt. Jesse Ohlsson and Tech. Sgts. Bryan Brookey, David Darling and William Richardson of the 47 CS Network Control Center, created and installed a "big brother" network monitoring tool. They also successfully put the 47th Medical Group behind the base network firewall and updated the base Web proxy server.

"Encouraging creative and innovative thinking is one thing, but actually applying it to improve the service and support an organization provides to the wing is something else entirely," said



Photo by Airman 1st Class Brad Pettit

Tech. Sgt. Bryan Brookey, 47th Communications Squadron, uses "big brother" to point out computer network outages to Airman Matt Reyes, 47 CS.

Maj. Anthony Zarbano, squadron commander. "These members thought and acted outside the box to significantly improve the service the communications squadron provides to all users of the base local area network."

The big brother network monitoring tool replaced a previous method that could leave the network insecure and

vulnerable to virus and hacker attack. The NCC "big brother" program provides more network security, reduces outage time and allows NCC technicians to respond instantly, often before users are aware of an outage.

"The Air Force standard monitoring tool wasn't doing what it needed to

See 'Award,' page 7

Command evaluates base environmental issues

By Jim Teet

Public affairs

Just how well does Laughlin comply with environmental laws?

A 21-member team from Air Education and Training Command and the Air Force Center for Engineering Excellence will provide answers during an ECAMP next week. ECAMP stands for Environmental Compliance and Management Program. It looks into 13 specific areas that deal with hazardous wastes, wastewater, water quality manage-

ment, air emissions, petroleum, oils and lubricants ... and much more.

During the weeklong visit, team members will visit all base agencies that use materials or generate waste governed by Environmental Protection Agency regulations. All Air Force bases are required to meet EPA requirements and effectively manage all resources to preserve the environment.

ECAMP evaluations take place every year, alternating between an internal and an external inspection.

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2001 – a goal odyssey?

Setting goals for new year is important

By Capt. Dave Honchul

Dyess AFB, Texas

"What are you doing, Dave?"

That line from Hal the computer in "2001: A Space Odyssey" seems extremely appropriate right now. It's more than the fact we have reached that mystical year which seemed so far off when the movie first came out. It's also because January is traditionally a time to reflect on where we've been during the previous year and a time to look ahead to the promises of a new year.

But when looking at the year ahead, it's not only important to know what you are doing, but also what you hope to accomplish.

As Hal would say, "What are your goals, Dave?"

Setting personal goals is as important as having your seat belts fastened in your car. Your goals allow you to establish a roadmap of where you are today, where you want to be at some point in the future, and how you are going to get there. If you don't know where you are heading, any map will do. But with goals in mind, you can be sure to pick the right map that leads toward your destination.

Having goals gives you a sense of purpose in your life. It gives you a sense of accomplishment when you achieve your goal. And if you fall short, it helps you find what the problems were and lets you reset your goals appropriately.

Sound simple? It may, but there's more to setting a goal than meets the eye.

First, you need to choose a goal based on performance, not outcome. Sound strange? Look at it this way: Don't choose a goal like "being the best airman in the division." That's an outcome-driven goal you have no control over. Who determines who's the best? What if your supervisor makes a poor decision which keeps you from at-

taining that distinction? Your goal needs to be based upon things you control, your own performance. A goal like "zero errors in my work orders processed" is something you control completely. You don't have to rely on others in order to meet the goal.

Your goal needs to be measurable. If not, how do you know you have achieved it? Having a measurable goal not only allows you to see the actual achievement, it gives you a baseline to work from if you have to set new goals.

You have an idea for a goal, but when do you want to achieve it by? That's the next step. You need to set a time for the goal or you won't really work at it. Be realistic in setting time. Goals can be set for as little as a day or as long as a few years. You have to set a fair timeline so you can make sure you are continuing down the road toward your goal.

And last, but certainly not least, you have to make your goals realistic. "Getting out of bed on time each day for a week" is not a realistic goal. Yes, it's performance based and measurable with a definite time span. But it's too low of a goal that is too easy to reach. Goals need to be set slightly "out of reach," something that has to be worked on to achieve, or they accomplish nothing.

But be wary of going too far to the other extreme. Setting goals too high is just as bad because you will never achieve them. You don't want to set yourself up for failure. It's a delicate balance of keeping them low enough to reach, but high enough to make them personally satisfying.

So what are your goals this year? Set them now and start working toward them. That way, you won't have to wonder what you are doing or where you are heading during the year.

"Setting personal goals is important as having your seat belts fastened in your car. Your goals allow you to establish a roadmap of where you are today, where you want to be at some point in the future, and how you are going to get there."

Even one suicide is too many for AF

By Leigh Anne Bierstine

Air Force Surgeon General Public Affairs

One Air Force suicide is one suicide too many, according to Lt. Gen. Paul Carlton, Air Force surgeon general.

The surgeon general is trying to combat suicides by instilling in every Air Force member that it is a community problem. That philosophy is the basis for the Air Force's community approach to suicide prevention.

"We have to stop thinking of suicide prevention as something only mental health professionals do," Carlton said. "All of us have a responsibility to our fellow airmen and co-workers," he explained. "Recognizing when a person is having problems and actively encouraging that person to seek help is a vital part of suicide prevention."

"We lose too many airmen to suicide in the Air Force, and it is preventable," he said. "Whatever the numbers are, we can never stop being proactive and declare victory. Instead we must continue our efforts."

Today, the Air Force is using a prevention team called the integrated delivery system that includes chaplains and professionals from mental health, family support, child and youth services, health and wellness centers, and family advocacy, all working together and taking responsibility for enhancing community health and well-being.

To date, suicide prevention efforts include an emphasis on involving and training Air Force leadership, and on buddy care and annual suicide prevention training for all military and civilians. The Air Force also maintains a database that tracks not only suicides but also suicide attempts.

The Air Force is not alone in its battle against suicide. David Satcher, surgeon

See 'Suicide,' page 9

Col. Jack Egginton

Commander

Capt. Angela O'Connell

Public affairs officer

Airman 1st Class Brad Pettit

Editor

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Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, Ext. 5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be E-mailed to: bradley.pettit@laughlin.af.mil or reginald.woodruff@laughlin.af.mil

"Excellence – not our goal, but our standard."

– 47 FTW motto

Base maintenance operations vie for AF-level honors

By Master Sgt. Tom Hankus
Public affairs

Keepp 'em flying is not only a motto, it's a way of life for members of the Laughlin Civil Service Aircraft Maintenance organization. Laughlin's maintenance operation is again under consideration for the Air Force's prestigious Maintenance Effectiveness Award for fiscal 2000.

LCSAM, a subordinate organization of the 47th Operations Group, distinguished itself by accomplishing superior aircraft maintenance and contract quality assurance during this past year, according to Bob Wood, director of maintenance.

LCSAM services the Air Force's largest active air fleet, comprised of 109 T-37B Tweets, 85 T-38A Talons and 59 T-1A Jayhawks. Over 400 pilots per year receive training on these aircraft as part of the training program at Laughlin.

During the past year, maintainers supported nearly 107,000 mishap-free flying hours and some 70,000 sorties, while maintaining the Air Force's largest fleet of 253 aircraft.

LCSAM provides management oversight for contracted depot repair of Air Force T-37 and T-38 jet engines,

along with transient contract services for over 322,000 flight movements per year. This mission support represented nearly an \$800 million return on taxpayer investments and it contributed significantly to advancing Air Force readiness, according to Patricia Watson, LCSAM special projects officer.

"LCSAM's accomplishments reflect a genuine commitment from employees, who were empowered to enhance local, major command and Air Force missions. Local production indicators were also the best to date. These results reflected a real solidarity in teamwork," said Wood.

"Creative employee solutions made premium use of existing space and they modernized existing facilities to meet 21st Century demands in mission support. LCSAM also improved Air Force technical orders, aided Air Force depots, and trained other government agencies on how to do aircraft maintenance.

Aggressive base-level local repair and manufacture resulted in over \$500,000 savings to the Air Force. Local manufacture of parts also helped keep Laughlin's aging fleet of T-37s flying, as vendors stopped making spare



Photo by Master Sgt. Tom Hankus

Ignacio Ramon and Roberta Mills, contract aircraft maintenance employees here, tear down a T-38 engine as part of a periodic aircraft inspection.

parts for this aircraft," Wood added.

In addition, this past year LCSAM won the AETC Maintenance Effectiveness Award (Consolidated Aircraft

Maintenance Category), and received a congratulatory letter from Gen. Hal M. Hornburg, AETC commander, in recognition.

Actionline Call 298-5351

personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation and I look forward to reading some quality ideas and suggestions.

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal



Col. Jack Egginton
47 FTW commander

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Hospital	298-6311
Housing	298-5904
Inspector General	298-5638
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810
Equal Opportunity	298-5400
FWA hotline	298-4170

Call: On Dec. 22 and Dec. 29, the enlisted club was closed for a holiday. I am requesting that they remain open for future family holidays so members can have ac-

cess to their facilities.

Response: Historically, Club Ramistad has had low participation when it is open on holidays and

family days. We would like to provide service, but the participation simply does not warrant being open.

On the other hand, we are able to keep the bingo program open, even

on holidays, when the numbers are high enough and a jackpot prize is ready to go. In that case, we do keep bingo open and the members using the lounge also benefit.

Laughlin requires residents to register pets

By Sue Marks

Laughlin veterinarian clinic

When people arrive at Laughlin for the first time, they may have to do a variety of things like register their automobiles, set up telephone service and enroll their children in school.

However, if a Laughlin newcomer owns pets, he or she must register their pets at the Laughlin Veterinarian Clinic.

Registering a pet only takes a few minutes and is absolutely free. Clinic services are available for any active duty or retired military

personnel and their dependents whether they live on or off base.

To register a pet, the vet clinic will need a copy of a pet's previous vaccination records and rabies certificate. A pet's records from a previous base also can be used.

The clinic will set up a record at Laughlin by updating the sponsor data. The clinic will also issue the pet owner a Laughlin rabies tag and new rabies certificate.

The rabies tag number will be noted in the pet's records. The tag number and Laughlin Veterinarian Clinic

phone number on the tag are used to contact a pet owner if his or her pet gets lost.

The clinic receives several calls a week about found pets and is able to reunite owners and pets because the pet is registered at the Laughlin Vet Clinic and is wearing the base rabies tag.

The state of Texas requires that pets be vaccinated yearly for rabies. In addition, the Air Force and Army policy is that pets be vaccinated yearly for distemper.

It is also recommended that all dogs over six months old be tested annually for heartworms. Those whose

pets are registered at the clinic will be called by the vet office, reminding owners when their pets are due for tests and vaccinations.

Laughlin's veterinarian visits the clinic once a month for a full day and offers professional help with ear infections, allergies, skin disorders, respiratory infections, vaccinations and health certificates. The vet clinic also carries heartworm preventatives, flea and tick products and other pet hygiene products. These items can be purchased anytime.

If your pet is in need of emergency care, x-rays, sur-

geries or your sick pet cannot wait until the veterinarian is here, please contact a civilian veterinarian to assist you.

Both the professional services and products are tax-free at the Laughlin Veterinarian Clinic.

The vet clinic does not charge an office fee. The clinic accepts cash, check, VISA and MasterCard including the Club Card.

If you would like any additional information call 5500 or stop by.

The clinic's standard operating hours are from noon until 4 p.m. Monday-Friday.

Mark calendar to attend Tops in Blue Thursday

By Jim Teet

Public affairs

Laughlin and Del Rio residents are invited to a free, family-oriented entertainment showcase at 7:30 p.m. Thursday in Paul Poag Theatre.

Tops In Blue 2000 is on the final leg of its nine-month, 20-country performance schedule.

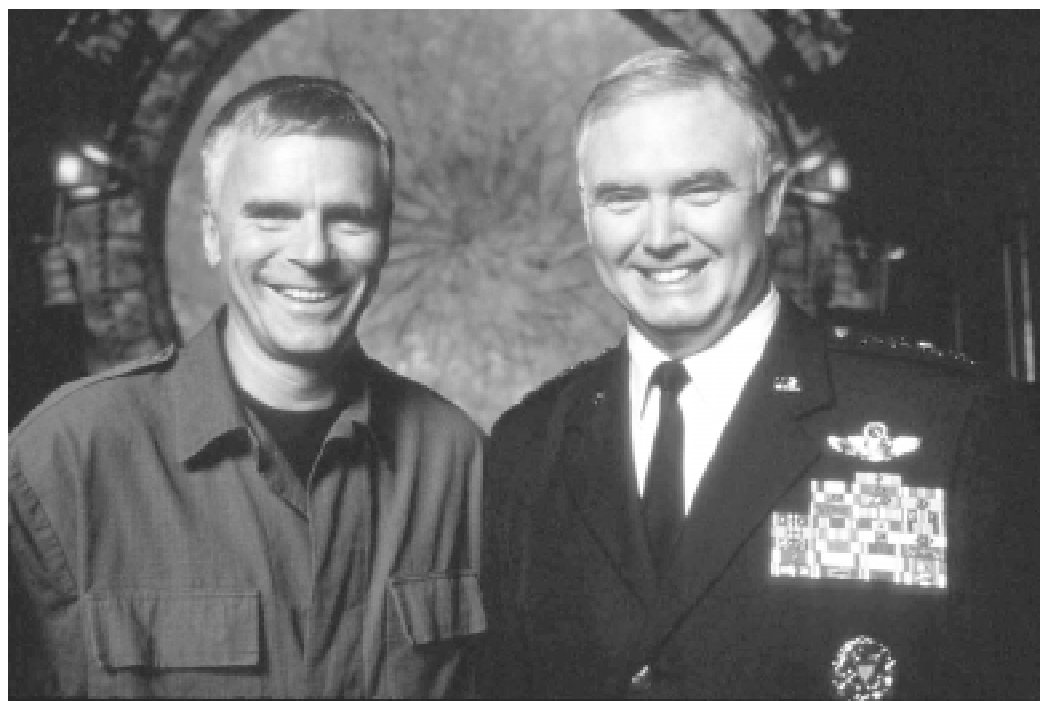
This 30-member all-military troupe intertwines singers, dancers and musicians into a 90-minute nonstop stage performance.

Paul Poag Theatre seats approximately 700 audience members. Doors will open to military identification-cardholders at 6:30, and then to the general public at 7:00. Seating is on a first-come, first-served basis.

Laughlin will provide buses to transport people to and from the base for the performance.

Three buses will pick up passengers at Club XL, the enlisted dormitories and Fiesta Recreation Center. Buses will leave from Club XL at 6, 6:15 and 6:30; then return to the base after the show concludes.

Tops in Blue 2000 is cosponsored by AT&T and USP&IRA (no federal endorsement of sponsors intended). Audience members will be eligible to win gifts from both sponsors during the evening's program.



(Courtesy photo)

AF chief of staff will appear on sci-fi series

Air Force Chief of Staff Gen. Michael E. Ryan is trying his hand at acting.

The general will appear as himself in an episode of the Showtime sci-fi series, "Stargate SG-1," to be broadcast today.

Ryan said he agreed to shoot the cameo because he is a lifelong fan of science fiction. "The ideas that come out of science fiction are often more science than fiction," Ryan said.

The show, about a top-secret Air Force project that enables humans to travel around the universe through a portal called the Stargate,

appealed to Ryan's sense of wonder.

"The exploration of our own solar system is this century's challenge," he said. "It would be a big surprise to find a Stargate out there."

Working closely with the Air Force, the show was granted permission to film exterior footage at the North American Aerospace Defense Command complex at Cheyenne Mountain Air Station, Colo., to serve as the main entrance to the Stargate facility.

(Courtesy AFNS)

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Why I joined the Air Force; why I stayed

Name: Master Sgt. James Moon.

Organization: 47th Flying Training Wing.

Hometown: Meigs County, Tenn.

His story: As an Air Force member, I spent my first 14 years in the supply career field. I recently retrained, and for the past seven months, I have been in the logistics plans career field.

I made the decision to make the Air Force a career when I enlisted for the second time, which was on the anniversary of my eighth year of service. Two reasons led to my decision for making the Air Force my career of choice. The first reason was security. It is still comforting knowing I can count on a paycheck every two weeks. The second reason was the people. I still believe the Air Force has within its ranks some of the brightest and most well-rounded men and women from the

nation as a whole.

My three career goals have been to work hard at whatever job or task I have been assigned, attain the rank of master sergeant and receive a master's degree before I retire.

Advice: My advice to first and second-term airmen flows along the same lines. You should give a 100 percent effort and work hard at whatever task you have been assigned. If you do this, everything normally works out better in the end.

You should study, study, study for promotion. From staff sergeant to master sergeant, your promotions are mainly in your own hands. Finally, you should put forth the effort to obtain either a formal degree or receive some type of certification before you exit the Air Force. This will ease some of the tension when you transition to civilian life.



Photo by Airman 1st Class Brad Pettit

Staying in

Staff Sgt. Reginal Woodruff, 47th Flying Training Wing, re-enlists for another six years as Col. Herbert Foret, 47th Flying Training Wing vice commander, looks on. Staff Sgts. Bunje V. Adams, 47th Security Forces, Damion S. Madison, 47th Operations Support Squadron, Jessie Cantu, 47 SFS, and Senior Airman Jon D. Rousseaux, 47 OSS, re-enlisted in January. Thirteen out of 25 eligible members are scheduled to re-enlist by May 15. This year, 126 Laughlin personnel will be faced with re-enlistment decisions. Supervisors are encouraged to discuss career intentions with personnel by conducting mentoring sessions to help them better assess goals and career path achievement. "In the past, it was often heard 'All the good folks are getting out,'" said Col. Foret. "Well, at Team XL, the good folks are staying in."

(as of Feb. 1)

Fraud, Waste and Abuse

Preventing Fraud, Waste and Abuse is everyone's job! If you know or suspect FWA, call the FWA hotline, 298-4170.

Reserve instructor pilots integral to Laughlin's training mission

By Master Sgt. Tom Hankus

Public affairs

In years past, many active duty Air Force members looked at Reservists with somewhat of a jaundiced eye. Today, Reservists are highly regarded as integral members of our defense fabric and as a key component in our operational mission readiness.

Laughlin has one mission: to train the world's best pilots. A cadre of highly experienced Reserve instructor pilots who compose the 96th Flying Training Squadron provides a significant portion of this training. "We are an integral part of Laughlin's Team XL and directly support the production of over 450 pilots annually, said Lt. Col. Glenn Larsen, 96th FTS Squadron Commander.

"For the past few years, the Air Force has been losing an appreciable number of skilled pilots. In order to facilitate the retention of pilots, Gen. Lloyd Newton, in 1996, authorized the AETC Reserve Associate program under the auspices of the 340th Flying Training Group. The 340th FTG headquartered at Randolph AFB is comprised of five reserve associate flying squadrons at each of the flying training bases, which includes Laughlin, explained Larsen.

To address the situation at Laughlin, the 96th FTS was activated in April 1998. Today the 96th FTS has 75 Reserve instructor pilots on its rolls, and it plans to grow to 107 once fully manned. Many of these instructor pilots live in either the Del Rio or San Antonio area, although some commute from as far as Atlanta, Georgia and Boise, Idaho.

This cadre of highly experienced former Air Force, Navy, Marine and Army pilots, is fully trained on the T-37B Tweet, T-38A Talon and T-1A Jayhawk aircraft. They provide instructor support for the 84th, 85th, 86th and 87th FTS's and the 253 aircraft based here. The 96th is the first squadron in the Air Force with instructor pilots providing specialized undergraduate pilot training in all three aircraft.

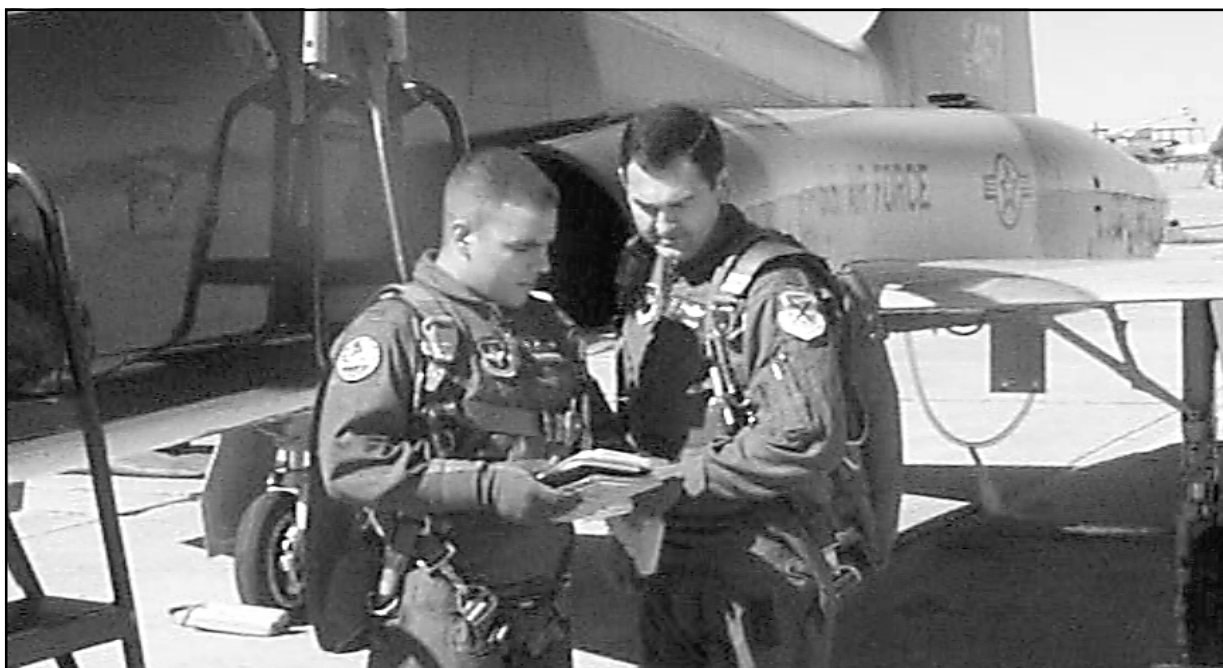


Photo by Master Sgt. Tom Hankus

Maj. Doug "Dog" Standifer, a 96th Flying Training Squadron instructor pilot (right), discusses a few final details with student pilot 2nd Lt. Tino Rodriguez, just before his flight in a T-38A jet trainer.

Laughlin has the largest aircraft fleet and is one of the busiest airfields in the Air Force. During fiscal 2000 the base recorded more than 102,000 mishap-free training hours, and flew over 69,000 sorties. During this past year the 85th and 87th FTS were named outstanding unit award winners in Air Education and Training Command.

Larsen says it takes three Reserve IPs to replace one active duty instructor, since Reservists typically work six to eight days per month. "But this in no way affects the continuity or quality of our instruction. Our IPs simply follow the syllabus, and the progress of each pilot is carefully tracked against training requirements. The average 96th IP has over 2,500 hours of military flying time and over 1,100 hours of instructor time.

Past wing commander Col. Winfield W. (Skip) Scott III, said, "We simply couldn't perform our training mission here at Laughlin without our Reserve Instructor Pilots who make up the 96th Flying Training Squadron."

Maj. Gen. Stephen Polk, 19th Air Force Commander, has said, "Laughlin is our largest specialized undergraduate pilot training wing. Laughlin flies the most sorties everyday, produces the most student pilots and leads the pack in that it produces the best pilots for our Air Force."

Larsen said that, "the presence of Team XL Reservists also frees up more active duty pilots to fly front-line aircraft. Given the contributions of our IPs to the flying training mission here, the Air Force doesn't have to pull as many fighter, bomber, or tanker/transport pilots to come to Laughlin and train students. This has a tremendous positive impact on operational readiness."

"We take pride in our cadre of Reserve IP's being among the finest aviators in the Air Force," said Larsen. "One of our IPs, Maj. Charles D. (Danny) Maxwell, a former F-117 Stealth Fighter pilot, is being awarded the Air Force's Distinguished Flying Cross, for his heroism in aerial combat over Serbia during Operation Allied Force."

'Award,' from page 1

do," said Tech. Sgt. Brookey. "When network outages occurred, we would not find out about them until customers called us. This meant that services like e-mail could be down for several days at a time before anyone realized that they were broken. The new system notifies us within three minutes that something is wrong with one of the key services."

The members also successfully

placed the 47th Medical Group computers behind the base firewall. The firewall is a computer system that regulates a Department of Defense-owned Internet protocol network. "The medical group was connected to the Internet through a high-speed connection at Foundation Health, which existed outside of the base firewall," explained Master Sgt. Jesse Ohlsson, 47 CS. "Since this was outside the base security system, it made it possible for someone to hack into the network and

then pave the way to get into the base network."

The 47 CS used existing fiber optic cable rather than creating a separate firewall in the medical group to handle outside connections. This step alone saved the Air Force \$34,253.

The third suggestion implemented reduced two hours per week of Internet downtime by upgrading the Web Proxy Server. The new server minimizes outages and improves Internet speed and reliability.

"These guys improved several critical processes," said Maj. Zarbano. "The processes weren't broken but, on their own, through creative thinking and innovation, they made them better. The old adage, 'If it ain't broke, don't fix it' doesn't apply here. They knew there was a better way to do it and, instead of waiting for someone to tell them to do it, they went out and made things more efficient. I'm proud to serve with them."

Chapel Schedule

Catholic

-**Saturday Vigil Mass** 5 p.m.
-**Sunday Mass** 9:30 a.m.
-**Confession** by appointment.
-**Choir** 6 p.m. Thursdays.
-**CCD** 11 a.m., Religious Education Building.
-**Little Rock Scripture Study** 11 a.m. Sunday in Chapel Fellowship Hall.
Jewish
Max Stool, call 775-4519.
Muslim
Dr. Mostafa Salama, call 768-9200.

Protestant

-**General worship** 11 a.m.
- **Women's Bible Study**, 12:30-2:15 p.m. Wednesday at Chapel.
Student Wives Fellowship 7-9 p.m. Monday; call 298-7365.
-**Sunday school**, 9:30 a.m. at the Religious Education Bldg.
-**Choir**, 7 p.m. Wednesday at Chapel
Chapel Youth Group
-Sunday, 5 p.m. Chapel Fellowship Hall

Chapel staff

Chaplains

Maj. C. Jeffery Swanson
Maj. Frank Hamilton
Capt. Larry Bailey
Capt. Richard Black

Chaplains' Assistants

Tech. Sgt. Donald Williams
Senior Airman Diana Beauvais
Airman 1st Class
Christina Deutsch

"God loves you and we do too."

For more information on chapel events and services, call 5111.

The *XL*er

Hometown: Greenville, Maine.

Time at Laughlin: 2 years, 5 months.

Time in service: 2 years, 8 months.

Name one way to improve life at Laughlin: Make Laughlin a 1-year controlled tour.

Greatest accomplishment: Continuing my college education.

Bad habit: Forgetting where I put things.

Motto: That which does not kill us makes us stronger.

Favorite beverage: Hot chocolate.

Favorite food: Anything chocolate.

Hobbies: Skiing, singing, reading and running.

If you could spend one hour with any person, who would it be and why? Alberto Tomba, so I could ski with him and learn some of his alpine racing techniques.



Photo by Master Sgt. Tom Hankus

Airman 1st Class Kylie Roberts
47th Medical Group

**Safety
belts
save
lives –
so
buckle
up!**

'Suicide,' from page 2

general of the United States, described suicide as a "serious public health problem." Nearly 31,000 people commit suicide annually in the United States. Twenty-one active-duty Air Force people committed suicide in 2000, according to the casualty services branch of the Air Force Personnel Center.

Raising suicide awareness is not enough, according to Lt. Col. Wayne Talcott, who leads the Air Force's suicide prevention team.

"Our pilots are responsible for early signs of problems with their jet engines, so mechanics can intervene before engine failure occurs," Talcott said. "In the same way, we expect our commanders, first sergeants and supervisors at every level to be responsible for their co-workers and watch for early signs of problems so we can intervene early."

"The subject of suicide is very discomfoting for many people, but the first step toward preventing suicide is getting people to talk about it," Talcott said.

Talcott suggests people be alert for signs that may signal suicide intent. They include people who:

- Are preoccupied with death and dying.
- Talk about committing suicide.
- Make final arrangements for death.
- Have trouble eating or sleeping.
- Show drastic changes in behavior.
- Withdraw from friends or social activities.
- Lose interest in work, school, etc.
- Give away prized possessions.
- Take unnecessary risks.
- Loss of interest in personal appearance.
- Increase use of alcohol and drugs.

For more information on what to do if a member encounters someone with these signs, immediately contact an appropriate integrated delivery system representative: the chaplain's office, family support center, behavioral health clinic, family advocacy, or health and wellness center.

AFA advisory council gives company grade officers avenue to voice concerns

How can company grade officers voice concerns and ideas from the base to the halls of Capitol Hill or the Pentagon?

They can contact their Junior Officer Advisory Council representative.

The Air Force Association's Junior Officer Advisory Council is made up of lieutenants and captains representing major commands, the Air National Guard, Air Force Reserve and other Air Force organizations. It meets several times a year to discuss important issues and concerns of company grade officers.

The JOAC also meets with the Enlisted, Guard, Civilian and Reserve Advisory Councils to discuss common issues that are important to each of these groups. The

AFA includes these issues in its annual policy paper, which goes to every member of Congress.

In 2000, the Junior Officer Advisory Council's top issues were pay and benefits, quality of life and health care. These issues and several others are included in AFA's 2001 Statement of Policy, which can be viewed on AFA's website, www.afa.org.

The JOAC serves to keep the AFA leadership advised of matters of interest to the junior officer force as well as to furnish recommendations to the senior leadership of the Air Force, through the AFA.

"It's an opportunity for junior officers to voice their opinions, their views [about] what the Air Force needs to

look at to improve the entire organization," said Maj. Gen. Michael McMahan, Director of Personnel Force Management for the Air Force and the AFA JOAC advisor. "We don't have all the answers in Washington" he said. "It's good to get to the grass roots of the Air Force and pull all that information up."

The first AFA JOAC meeting for 2001 will be held Feb. 14-16 with the primary focus on preparing a plan of action on issues that can be affected by legislation.

Company grade officers with suggested issues may provide them to the Air Force Headquarters representative, Capt. Melissa Cunningham, at 830-298-5191, DSN 732-5191, or melissa.cunning@laughlin.af.mil no later than Feb. 13.



From the Blotter

(Jan. 18-21)



■ An individual reported a gas leak at Bldg. 507. The Base Fire Department and security forces units responded and secured the scene. A leaking propane tank on a forklift was the cause of the smell.

■ A minor car accident occurred at Bldg. 352/Commissary parking lot. A Dodge Dakota rolled out of a parking spot and struck a parked Grand Marquis. The Grand Marquis sustained minimal damage.

■ An individual reported his credit card had been stolen from his residence in downtown Del Rio. Civil authorities are investigating.

■ Del Rio police arrested a Marine stationed at Camp Pendleton for alleged possession of marijuana and a firearm.

■ Two facilities were found unsecured by patrolmen conducting routine checks. After an interior check the custodians were called to conduct secure the buildings.

Tip of the day: Please follow these tips

should you ever be stopped by a military or civilian police officer:

■ Pull over to the right side of the road as soon as it is safe to do so.

■ Turn your vehicle off and place your hands on the wheel.

■ Do not attempt to put on or take off your seat belt. This may be confused with reaching for a weapon.

■ Do not get out of the vehicle and move towards the officer. You may be struck by a passing car or suggest aggressive behavior towards the officer.

■ Look for documents only when the officer asks for them. Looking inside a glove compartment or under the seat as the officer approaches may be mistaken as a hostile act on your part.

■ Do not argue with the officer, a citation may be contested in court or by using your chain of command.

Question of the week

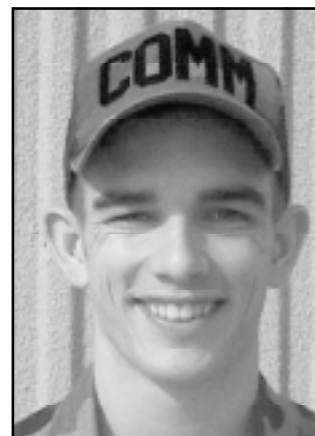
Do you like the new Air Force commercials? Why?



"I am concerned whether or not these commercials depict what people really do in the Air Force."

1st Lt.

Carl Dieckmann
87th Flying Training Squadron



"I think the commercials are a misrepresentation. It appears that everything in the Air Force revolves around flying, whereas only a small portion of Air Force members fly."

Airman 1st Class
Chris Formes

47th Communications Squadron



"I like the commercials. They really appeal to younger people. My family members and cousins back home think they are great!"

A1C Carla Locklear
47th Medical Group



"The commercials are pretty good. They are put together well. They really spark the interest of recent high school graduates."

A1C Abdullah Hajar
47th Aeromedical Dental Squadron

Where are they now?

Name: Capt. Stephen M. Clements.

Class/Date of graduation from Laughlin:

Class 92-07, April 3, 1992.

Aircraft you now fly and base you are stationed at: C-141, McChord

Air Force Base, Wa.

Mission of your current aircraft? AMC airlift.

What do you like most about your current aircraft? Flying in a worldwide environment.

What do you dislike most about your cur-

rent aircraft? Nothing.

What was the most important thing you learned at Laughlin besides learning to fly?

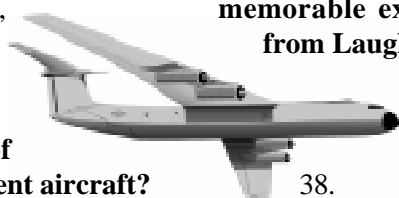
How to study.

What is your most memorable experience from Laughlin?

Flying in formation in the T-38.

What advice would you give SUPT students at Laughlin?

Study chapter 2, Normal Procedures, clarify a lot and have fun on the weekends and let loose.



Members must know how to help their doctors help them

By Suzan Holl

Public Affairs office, Tripler Army Medical Center, Hawaii

You've heard how important it is to be an educated consumer.

Well, it's just as important to be an educated patient.

Here are some tips to keep in mind the next time you see your primary care manager.

Speak up if you have questions or concerns. You will have an easier time following your primary care manager's instructions if you understand them clearly.

Jot down questions and concerns you may have beforehand and bring them to your appointment. Also write down what the primary care manager's response is to your questions.

Another important tip is to keep a list of all medications you take, including any

over-the-counter drugs and supplements. Include a list of any allergies you might have as well. This will aid the primary care manager in prescribing the right medication for you.

Also, make sure you get the results of any test or procedure. Don't assume that because your primary care manager hasn't gotten back to you that all is well.

Be sure to get a phone number and a point-of-contact for your test results before leaving the hospital or clinic.

Talk with your primary care manager or a member of your primary care manager team about your options if you need hospital care. Should you require surgery, make sure you clearly understand the procedure. You also have every right to get a

second opinion if you are not comfortable with your primary care manager's decision.

It is also a good idea to ask your primary care manager if you will need any assistance at home during the recovery period.

Patients can contact the discharge planning coordinator to help with arrangements that may be needed during recovery once they leave the hospital.

Don't let the unknown frighten you; rather, remember communication is key. Ask questions until you have a clear understanding of your condition and how it will be treated.

Information for this article was provided by Donna Tamura-Wageman, patient representative at Tripler Army Medical Center.

African-American pioneers Congresswoman Barbara Jordan

Barbara Jordan, (1936-1996), elected to the U.S. House of Representatives from Texas in 1972, became the first African-American congresswoman to be elected, and re-elected, from the deep South.

Before her election to Congress, she was a Texas State Senator, the first African-American woman to serve there.

Jordan captured the attention of the nation during the 1974 Nixon impeachment hearings. As a member of the House Judiciary Hearings, she served on the committee charged with hearing and evaluating the evidence bearing on the possible impeachment of President Nixon.

It was on this committee that her incisive questioning and her impassioned defense of the Constitution made her a respected national figure.



In 1976, Barbara Jordan became the first woman to give the keynote speech at the Democratic National Convention.

In 1978, she did not seek re-election and returned to Texas as a full professor at the Lyndon B. Johnson School of Public Affairs at the University of Texas. She remained there, and became a counselor to Texas Governor Ann Richards.



Photo by Staff Sgt. Reginal Woodruff

Members and fans of the OSS team celebrate their victory.

OSS claims flag football title with 21-13 victory over LSI

By Staff Sgt. Reginal Woodruff
Public affairs

A competitive flag football season ended Jan. 18 as OSS held off a resilient LSI team and captured the base championship, 21-13.

After a first-round playoff bye and an unimpressive, second-round victory over an undermanned MSS squad, OSS started the game with a penalty and went four and out.

However, things changed quickly for OSS on the next possession. Starting on their own 37-yard line, they ran two plays before quarterback Blane Morgan threw a strike to receiver Jason Golaboski in the back of the end zone for the game's first score. The extra point by Joe Hale made the score, 7-0. OSS never relinquished its lead and LSI managed only three plays on its next possession before time expired.

LSI's fortunes worsened in the second half. On the first series quarterback Art Rodriquez threw a quick timing pass, but Rayshawn Smith read the play perfectly, intercepted the pass and ran 35 yards to score. The extra point gave OSS a commanding 14-0 lead with 17 minutes to play.

This provided the wake-up call for LSI because they quickly drove the ball down to the OSS 10-yard line. The key play came on fourth and three when Rodriquez passed to Vincent Sanchez short of the first-down marker. However, Sanchez pitched the ball to Joe Ortiz who took the ball to the 10 for first and goal. On the next play, Jerry Yanez hauled the ball in for a touchdown. A successful extra-point kick by Sanchez nar-

rowed the score to 14-7.

Behind the quick feet and strong arm of Morgan, OSS again charged down the field. Morgan was perfect on the drive, completing four of four passes and running for 20 yards. He also ran an excellent option play—pitching the ball just before a charging defender tore his flag away. The pitch was caught by all-purpose receiver Arturo “Stakes” Saulsberry, who scampered 20 yards to the 10-yard line. Later, Morgan found a leaping Golaboski in the back of the end zone for a touchdown. The kick was good making the score 21-7.

A short kickoff appeared to give LSI the ball at mid-field. However, too many players on the field resulted in a rekick, which soared high and rolled to the two-yard line.

LSI managed to get away from the goal line, but eventually turned the ball over on downs with 3:35 left in the game

In a rare OSS error for the night, Morgan threw an interception to Roland Garza. LSI took advantage and drove the ball to the 10. From there, Rodriguez threw a touchdown to Lupe Rodriguez with under a minute to play. The two-point conversion failed, and OSS ran out the clock to seal its victory, 21-13.

“Blane and our defense were the keys to this victory,” said Golaboski. “The linebackers stepped up tonight. Last night (versus MSS) we seemed kind of tentative. Once we scored on them first, I don’t think they had experienced that all season, and I think that mentally hurt them. They didn’t really regroup until the second half when it was too late already.”

Intramural Basketball

Standings

(as of Feb. 1)

TEAM	WIN	LOSS	PF	PA
OSS 1	2	0	116	80
84/85 FTS	1	0	51	40
MED GP	1	0	42	37
COMM/CONS/SVS	1	0	41	35
86 FTS	0	1	44	52
OSS 2	0	1	40	51
LCSAM	0	1	37	42
SFS	0	1	36	64
EAST	0	1	35	41
CES	0	0	0	0
87 FTS	0	0	0	0

(PF—points for; PA—points against)

Schedule

(Week of Feb. 5)

Tuesday

MED GP vs EAST @ 7 p.m.
CE vs LCSAM @ 8 p.m.
COMM/CONS/SVS vs SFS 9 p.m.

Thursday

EAST vs SFS 7p.m
CE vs MED GP 8p.m
COMM/CON/SVS vs LCSAM 9 p.m.

Laughlin history

Q: In 1963, Air Training Command directed Laughlin to conduct an experimental Undergraduate Pilot Training course to determine the capability to produce more pilots without greatly increasing overall resources. The experimental course decreased from a 55-week course to 45 weeks, and from 262 hours to 210 hours with no increase in instructor pilots or equipment. Is the following statement true or false?

Although the experiment was to run through mid-1965, ATC cut the experiment short since Laughlin had problems meeting the timeline.

A: False. In fact, no difference was found in the pilots produced by the shorter course. However, ATC never switched to the 210-hour syllabus.

Leave requests

Civilian employees should submit annual leave requests by Wednesday. Employees will be notified of any problems arising from the initial schedules by Feb. 14.

Scholarships offered

The Scholarships for Military Children Program was created in recognition of the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community.

Children of active duty, reserve/guard or retired military personnel, including survivors of deceased members, may apply for a scholarship under this program. Eligibility will be determined using the DoD ID Card Directive. Applications must be turned in to your local commissary by Feb. 15.

Applications are available at www.commissaries.com or the Laughlin Education Services office, building 316.

For more information, you may contact Kathy Craven at 732-5520.

Sponsors wanted:

The International Office is in search of families to interact with student pilots from other countries. There are student pilots here from Japan, Italy and Singapore. It is a great opportunity to introduce these international officers to our culture and family life.

If you are at all interested, call 2nd Lt. Blane Morgan at 298-5445.

Employee verification

The Air Force is implementing a new process for civilian employment verification called The Work Number for Everyone. With TWN, employment and salary verification for mortgages,

major loans, credit cards, etc. will be processed in a matter of minutes. Employees authorize access to their employment and salary information by giving the lender a one-time access code. The information is accessible free, 24 hours a day, everyday. Use of the service is voluntary.

The CPF will distribute information about the program, call 5806 for additional information.

Gospel fest

A Gospel Fest will be held at the Base Chapel Sunday at 3:30 p.m. The keynote speaker will be Dr. LaSalle R. Vaughn, pastor at New Life Christian Center. Accompanying Pastor Vaughn will be his Praise Team. Also, the program will feature the newly formed Community Mass Choir.

Dinner will be served in the Annex following the program. Everyone is invited to participate in this special event.

ALS graduation

The Airman Leadership School graduation for Class 01-2 will be held Feb. 13 at Club XL. Cocktails start at 6:30 p.m. and dinner will be served at 7 p.m.

RSVP no later than Thursday with any ALS student or call 5456 for more details.

Commissary hours

The base commissary will operate on the following hours starting Tuesday:

Sunday – 10 a.m. to 5 p.m.

Monday – Closed.

Tuesday – 7 a.m. to 7 p.m.

Wednesday – 7 a.m. to 5 p.m.

Thursday – 7 a.m. to 7 p.m.

Friday – 7 a.m. to 6 p.m.

Saturday – 9 a.m. to 6 p.m.

OSC auction

The Officer's Spouses Club is sponsoring a Military Art Auction and exhibition Feb. 17. The exhibition begins at 6:30 p.m. at Club XL. The auction begins at 7:30 p.m.

For more information, call Joline Davidson at 298-3177.

Mini job fair

The Family Support Center is sponsoring a mini job fair for the Texas Department of Public



Photo by Master Sgt. Tom Hankus

Back in the saddle

Col. Jack Egginton, 47th Flying Training Wing commander, returned to fly Monday, following four weeks of Pilot Instructor Training at Randolph Air Force Base, Texas. Col. Egginton is expected to begin flying student sorties next week.

Safety in the FSC conference room from 9-11 a.m. Wednesday.

Anyone interested in law enforcement is encouraged to attend. To register, or for more information, call 298-5620.

OSC cookbook

The Officers' Spouses' Club is putting together its second OSC cookbook and is in need of recipes.

Submissions for recipes can be sent to Elizabeth Selkey at ecvcpasjr@msn.com or drop off at 9090B Lawhon by Feb. 15. The OSC is also taking pre-orders for last year's cookbook.

For those interested in submitting recipes or placing orders for last year's cookbook, call Elizabeth Selkey at 298-7666.

National Prayer Breakfast

The National Prayer Breakfast will be held at 7:30 a.m. at Club XL Feb. 21. Ticket price is \$3.

For more information or to RSVP, call 5111 before Feb. 15.